

About diabetes

TYPE 1 DIABETES occurs mostly in children and young adults, but can develop at any age. People with type 1 diabetes need insulin every day.

TYPE 2 DIABETES usually occurs in adults who are overweight, are in their middle or later years, and have family members with diabetes. Children who are overweight can also be at high risk for type 2 diabetes. Most people who have diabetes have type 2 diabetes. Some people can control this type of diabetes with healthy eating, weight loss, and physical activity. Some people will also need diabetes pills and/or insulin.

PRE-DIABETES occurs in people who have higher than normal blood sugar and are at increased risk of developing type 2 diabetes. A healthy weight and physical activity will help prevent or delay type 2 diabetes.

**If you are at risk for diabetes,
talk with your health
care provider.**



**Massachusetts Department
of Public Health**
Diabetes Prevention and Control Program
617-624-5070
TTY 617-624-5992
www.mass.gov/dph/diabetes

Massachusetts
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Diabetes Are You at Risk?

Millions of people have type 2 diabetes and don't know it

What is diabetes?

Diabetes means that there is too much sugar (glucose) in the blood. It is a disease in which the body cannot use food as it should. In a person without diabetes, a hormone called insulin helps turn food into energy. When a person has type 2 diabetes, the body does not make enough insulin or does not use it well.

Uncontrolled diabetes can cause blindness, kidney and heart disease, and lead to foot or leg amputations.

Remember...

- Talk with your doctor about a blood sugar test if you are at risk for diabetes.
- Only a health care provider can tell you whether or not you have diabetes.
- You may be able to prevent or delay type 2 diabetes with a healthy diet and regular physical activity.

Risks for diabetes

You may be at higher risk for developing type 2 diabetes if you:

- Are overweight
- Are inactive
- Have high blood pressure
- Have been told by a health care provider that you have abnormal cholesterol levels
- Are Latino, African-American, Native American, or Asian
- Have a family history of diabetes
- Are over age 45
- Gave birth to a baby weighing more than nine pounds
- Have been told you had diabetes during a pregnancy, but it went away after the baby was born (gestational diabetes)
- Have certain types of disabilities

Talk to your doctor.



How can I prevent diabetes?

Even if you have more than one of the risk factors, you may be able to prevent or delay type 2 diabetes.

It is important to...

- Eat healthy foods such as fruits, vegetables, and whole grains.
- Be active. Get at least 30 minutes of physical activity, such as walking, wheeling in a wheelchair, or gardening, most days of the week.
- If it is difficult for you to be physically active for 30 minutes at a time, try three 10-minute sessions.
- If you are overweight, lose 5-10% of your weight.
- Talk to your doctor before starting any physical activity or weight loss program.

